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Florida's Food-Fruits

Sealdsweet Oranges and Grapefruit



FLORIDA
CITRUS EXCHANGE



SEALDSWEET GRAPEFRUIT—Grapefruit appear to have been grown in China, Japan and adjacent countries for centuries before their introduction into America.

The grapefruit produced in Florida, when allowed to ripen on the trees, are unequaled in rare delicacy of flavor, in food value and in tonic content.

Grapefruit marketed by the Florida Citrus Exchange, under the Sealdsweet trade-mark, are superior in quality, fully tree-ripened, inviting to the eye, pleasing to the palate and healthfully beneficial.

PLANNED, PREPARED, AND SUPERVISED BY THE
THOMAS ADVERTISING SERVICE
JACKSONVILLE AND TAMPA, FLORIDA



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FLORIDA'S FOOD-FRUITS—SEALDSWEET GRAPEFRUIT AND ORANGES

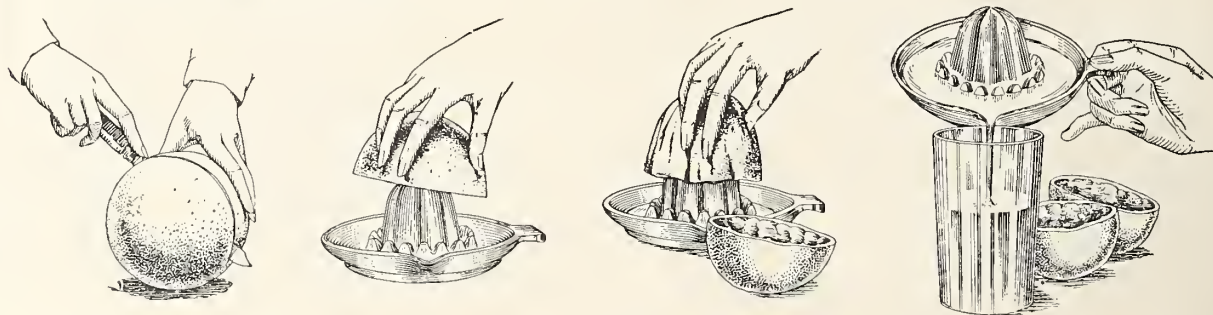
THE health-value of grapefruit and oranges is more or less well known to the American people, but, generally speaking, there is less acquaintance with the food-worth of these fruits.

It is the purpose of this booklet to illustrate and describe a few of the many ways in which Sealdsweet grapefruit and oranges may be used in cookery, confections, etc., so that benefit may be derived both from the food and health elements of their contents.

Every recipe given in the following pages has been carefully tried out under average conditions and its practical nature fully proven. Each illustration is from a photograph of the subject, as it had been prepared by the author of the recipes, Mrs. Riley M. Fletcher-Berry, the widely known culinary expert and writer.*

In order that satisfactory results may be had in the use of the recipes herein contained, it is urged that Sealdsweet grapefruit and oranges be used exclusively. In season—that is, from November to May—these superior fruits are on sale in most parts of the United States. Good fruit-dealers are glad to handle them because of the satisfaction they give—*your* dealer can supply you with Sealdsweet fruits and will do so if you insist.

*Author of "Fruit Recipes," Doubleday, Page & Co., 1907, 1919; "The Juicy Joys of Florida Fruit," Florida Citrus Exchange, 1911; "The Health Fruits of Florida," Florida Citrus Exchange, 1916.



To get all the good of a Florida orange, extract and drink the juice. First cut in half, crosswise, as shown in the first illustration on this page, preferably using a sharp pointed steel knife. Then squeeze out the juice, with a glass fruit-squeezer, as illustrated in the other three pictures, serving from glass, granite, or earthenware container—never use tin.

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WHY SEALDSWEET FLORIDA CITRUS FRUITS ARE SUPERIOR

CITRUS fruits were first introduced into this country by the Spanish, who brought oranges to Florida at the time of its discovery and occupation.

In no other part of the world have these fruits attained the perfection to which they grow in Florida, the peculiar peninsular situation, the favoring combination of soil, sunshine and showers and other natural advantages combining to produce grapefruit and oranges of surpassing flavor, juiciness, and sweetness.


Sealdsweet grapefruit and oranges are raised and marketed by the members of the Florida Citrus Exchange, a non-profit, coöperative organization of growers, the guiding principle of which is a square deal alike for the producers, distributors, and consumers of these food- and health-fruits. The members of the Exchange fully recognize that their own prosperity depends on the satisfaction given by the fruits from their groves.

In Florida, numerous varieties of grapefruit and oranges are raised. There is much difference in the characteristics which contribute to the excellence of these fruits. Inner goodness is the distinguishing feature of every grapefruit or orange marketed under the Sealdsweet brand, rather than any uniformity of outer appearance. Buy Sealdsweet fruits and be assured of getting your money's worth in food and health-giving contents.



In preparing grapefruit for eating, first cut in half, crosswise, as illustrated above. After halving the fruit, cut out the core, removing any seeds. Insert spoon between membrane of rind and pulp, lifting the latter. Grapefruit juice is both appetizing and delicious. It may be extracted as directed for oranges on the opposite page, using a larger fruit-squeezer for the bigger sizes.





SEALDSWEET GRAPEFRUIT AND ORANGE SHORT-CAKE—Prepare some Sealdsweet grapefruit and orange pulp free from membrane; mix in the proportion preferred and add sugar to taste. Have ready a sponge-cake baked in a round, deep tin and split or baked in two layers. Spread half the fruit mixture on one layer; add the second layer on top; place on this the remainder of the pulp and serve. The fruit for the top layer should be, preferably, removed in unbroken sections, with grapefruit and orange alternated in arrangement.

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SEALDSWEET GRAPEFRUIT AND ORANGE CAKES AND PASTRY

IN cakes, as in breads, Sealdsweet grapefruit juice may be used with soda instead of sour milk. The juice of Sealdsweet oranges, being unusually sweet, may be used in baking-powder cakes, adding but two saltspoons of soda for each cup of juice used, (three-fourths cup of juice and one-fourth cup of water). Orange rind, with ordinary sugar, or orange zest, will most enticingly flavor cakes or icings. And there are icings galore which are "exactly right" because they combine grapefruit or orange juice and orange-rind flavoring. This is also true of numerous pies or tarts which appeal because of their fragrance as well as the delicious taste, suggesting the perfume and beauty of Florida's groves.

SEALDSWEET ORANGE LAYER CAKE

(See illustration, first cover page)

Crush grated rind of two oranges with two cups of sugar; add three-fourths cup of vegetable fat and cream thoroughly. Beat yolks of four eggs and add. Sift twice four cups pastry flour with three teaspoons baking-powder, three-fourths teaspoon salt, and one saltspoon soda. Add, alternately, with three-fourths cup orange juice and one-fourth cup water. Then fold in the stiff-whipped whites of four eggs. Bake in three layers in moderately fast oven. Add a few drops of yellow coloring matter to cake and icing.

SEALDSWEET ORANGE SPONGE-CAKE

Beat whites of three eggs very stiff; add two cups sugar, then yolks of five eggs beaten with one-half cup orange juice; last, two cups flour sifted with one teaspoon grated rind, two teaspoons baking-powder and a half teaspoon of salt. Bake. When done, split and spread with Sealdsweet orange icing.

SEALDSWEET ORANGE LOAF OR LAYER CAKE

Cream two cups sugar with two-thirds cup vegetable fat; add beaten yolks three eggs with grated rind one orange; then, alternately, one-half cup each orange juice and water and three cups flour sifted with teaspoon of salt. Sift another half-cup flour with three teaspoons baking-powder; add; fold in stiff-whipped egg-whites and bake in two loaves or three layers.

SEALDSWEET (Sliced) ORANGE CAKE FILLING

Top any filling with Sealdsweet orange slices or sections minus membrane.

SEALDSWEET GRAPEFRUIT CHOCOLATE CAKE

Sift one and three-fourths cups of flour with two and a half teaspoons of baking-powder and one-fourth teaspoon each of soda and salt. Cream a cup of sugar with one-third cup of fat; add two well-beaten eggs and mix into the flour alternately with one-half cup of Sealdsweet grapefruit juice. After mixing, add one-third cup of shredded grapefruit pulp and bake in shallow pan about forty minutes. When cool, split and spread with grapefruit icing and when this is firm spread lightly with melted bitter chocolate. Spread top and sides also with the icing and chocolate.

SEALDSWEET ORANGE WAFERS

Cream one-fourth cup fat with three-fourths cup sugar; add one beaten egg, grated rind of one Sealdsweet orange, three-fourths teaspoon of salt, and one-fourth cup of orange juice, alternating with one cup of flour in which sift two teaspoons of baking-powder. Add another cup and a half, or more, of flour. Roll thin. Cut with medium-sized biscuit-cutter. Bake in moderate oven. When cold, ice.

SEALDSWEET ORANGE ICING

(Jellied)

Dissolve one tablespoon of gelatine in four of boiling water, stirring well. Beat together in separate vessel one cup Sealdsweet orange juice, one-half cup sugar, one egg, two tablespoons grapefruit juice and saltspoon of salt. Add gelatine and heat, stirring till the egg is smoothly thickened, but do not let boil. Remove. When cold, spread.





**SEALDSWEET ORANGE
TEA CAKES**—Cream
one cup sugar with
one-fourth cup fat; add one-
fourth cup Sealdsweet orange
pulp, one teaspoon grated rind,
yolks of two eggs, then one-half
cup orange juice, and one and
one-half cups flour sifted with
one and one-half teaspoons
baking-powder, one-half tea-
spoon salt, and one-fourth tea-
spoon soda. Add whipped white
of one egg. Bake quickly.

SEALDSWEET ORANGE ICING. (Boiled)
Stir till dissolved (over quick fire) one pint granulated
sugar and two-thirds cup boiling water, or one-third each
water and Sealdsweet orange juice. Boil unstirred till syrup
hairs. Have ready two stiff-whipped egg-whites; slowly pour
boiling syrup upon them, beating rapidly till cold, meantime
adding grated rind of two oranges. When icing is thick, add
one teaspoon orange juice unless already used. Set aside
thirty minutes, stirring occasionally meantime, then spread.
This will not crack. The white of a third egg may be used.

SEALDSWEET GRAPEFRUIT ICING. (Uncooked)
For each layer allow one tablespoon of Sealdsweet grapefruit
juice, a saltspoon of salt, and one-half cup (packed firm) of
confectioners' sugar, rolled fine.

SEALDSWEET ORANGE ICING. (Uncooked)
Make as for Sealdsweet grapefruit icing.

**SEALDSWEET ORANGE OR GRAPEFRUIT
EGG ICING.** (Three Methods)

1. Beat slightly one whole egg; add one-fourth teaspoon of
salt; two and a half teaspoons of grated Sealdsweet orange
rind, and two tablespoons of orange or grapefruit juice. Add
gradually one-half pound confectioners' sugar. To ice cake-
sides, more sugar may be added. This may stand and be used
later by spreading with knife dipped in hot water.
2. Use yolk of egg only. Add salt, one tablespoon of juice, and
one teaspoon of grated rind, with one-fourth pound of sugar.
3. White of egg only; may be used as in No. 1, using but
half the juice and rind.

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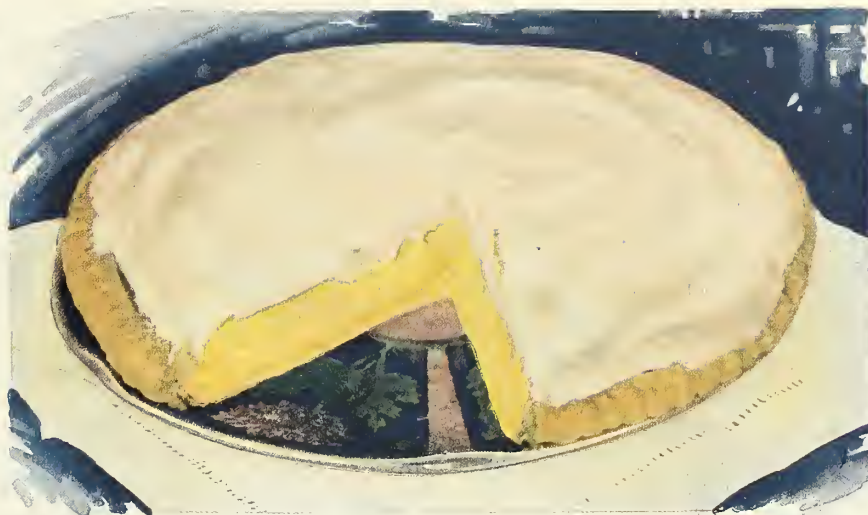
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SEALDSWEET GRAPEFRUIT MERINGUE PIE

—Smoothly mix one cup sugar and five tablespoons cornstarch with part of three-fourths cup Sealdsweet grapefruit pulp and juice. Add one and one-fourth cups boiling water; salt, and stir till thick and smooth; cook ten minutes more in double boiler, then add rest of grapefruit. Beat yolks of two eggs with grated rind of an orange; add to cornstarch; cook two minutes, stirring. Remove; pour into baked crust; cover with meringue (two egg-whites and two tablespoons sugar).

Brown slowly.



SEALDSWEET ORANGE CREAM ICING.(Uncooked)

Mix two tablespoons of cream with a saltspoon of salt, two teaspoons grated rind, and about one and one-fourth cups of confectioners' sugar.

NOTE.—Cocoanut or bitter chocolate may be used with any of these icings.

SEALDSWEET GRAPEFRUIT PIE No. 1

Sprinkle on a lightly baked crust a tablespoon each of flour and fine cracker crumbs; fill with Sealdsweet grapefruit pulp shredded or in sections; add one-half cup of sugar mixed with two tablespoons of flour; place over it a sheet of pastry; prick well; in center cut inch slits at right angles; place in opening a funnel of brown paper; bake till browned in moderate oven.

SEALDSWEET GRAPEFRUIT PIE No. 2

Make as for Lime Sponge-Cake Pie, using pulp of one small grapefruit instead of lime juice.

SEALDSWEET ORANGE PIE

Make by Sealdsweet Grapefruit Pie recipes or use Orange Crumb Custard as filling. (Also, see Floating Island.)

SEALDSWEET LIME SPONGE-CAKE PIE

Mix one cup sugar, two tablespoons flour, pinch of salt, one and one-half tablespoons softened butter, yolks of two eggs, three tablespoons lime juice and grated rind of a Sealdsweet orange. Beat till creamy; add one cup milk and the stiff-whipped egg-whites. Pour into a deep crust and bake thirty minutes in a moderate oven.



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SANDWICHES WITH SEALD-SWEET GRAPEFRUIT OR ORANGE FILLING—Cut bread, not too fresh, into rounds, diamonds, hearts, or fingers. Make into sandwiches by using any of the following fillings: (1) Sealdsweet grapefruit or orange marmalade sprinkled with chopped nuts. (2) Shredded, drained Sealdsweet grapefruit or orange pulp bound with mayonnaise (spread unbuttered). (3) Shredded Sealdsweet grapefruit or orange straws mixed with minced kumquats or cocoanut. (4) For rolled sandwiches, spread very fresh, thin slices of buttered bread with Sealdsweet orange sugar. (5) Spread thin hot or cold biscuits with Sealdsweet grapefruit or orange marmalade.

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SEALDSWEET GRAPEFRUIT AND ORANGE SUBSTANTIAL DISHES

THERE are many substantial dishes in which Sealdsweet grapefruit or oranges may play an appetizing part. Chief among these are the various breads and puddings, in which the pulp or marmalade is used. Sealdsweet grapefruit juice may also become an interesting ingredient by substituting it for sour milk, as with griddle-cakes, pop-overs, muffins, etc. When used in midseason, grapefruit juice should be diluted with about one-third part of water. The first of the winter more water should be used and in May or the summer months, less. However, any housekeeper familiar with the use of soda and sour milk can readily adapt her rules to Sealdsweet grapefruit and sour milk, with delightful results.

SEALDSWEET CRACKER AND MARMALADE PUDDING

Spread ordinary soda crackers with Sealdsweet grapefruit or orange marmalade, then dust with flour and place in layers in a buttered pudding-dish. Fill dish nearly full of sweet milk, set in the oven and bake till soft and browned. Serve hot or cold, with whipped cream.

SEALDSWEET ORANGE CRUMB PUDDING

Soak for twenty minutes one and a half cups of bread crumbs in a cup of cold water; add one cup Sealdsweet orange juice, three-fourths cup sugar, the yolks of two eggs beaten with the sugar, one-fourth teaspoon salt, and a tablespoon of butter. Add the stiff-whipped egg-whites last and bake in a slow oven till firm. Serve with oranges cut fine and their juice, or orange sauce.

SEALDSWEET ORANGE INDIAN PUDDING

Heat two cups orange juice, one of water, and two tablespoons sugar. Stir one cup of this into three tablespoons each (mixed) flour and cornmeal and pinch of salt; mix smoothly with rest of liquid and cook in double boiler thirty minutes. Remove; add beaten yolks three eggs and grated rind one orange; pour into buttered pudding-dish and bake ten minutes. Take from oven; spread with stiff whites of the eggs mixed with three tablespoons sugar and two of orange juice. Replace ten minutes, browning slowly. Serve hot or cold. Milk may be used instead of three cups of orange juice and water, if used, adding rind of second orange.

SEALDSWEET ORANGE MACARON PUDDING

Soak six crushed macaroons in a half cup milk; heat, meantime, seven-eighths pint milk in a double boiler; add one-fourth teaspoon salt, one beaten egg, two tablespoons cornstarch, rubbed smooth in three tablespoons cold milk, and, last, the macaroons. Cook, stirring smooth, about fifteen minutes; remove, add one teaspoon grated orange rind and a half cup sugar. Pour into a serving dish; let cool, and when chilled serve with thin, sliced Sealdsweet oranges.

SEALDSWEET ORANGE CREAM SPONGE PUDDING

Cream together one-fourth cup flour and three tablespoons butter; while stirring, add one cup hot milk; mix well and bring to a boil. In another vessel, beat the yolks of four eggs, one teaspoon grated Sealdsweet orange rind, and two tablespoons orange juice; when lemon-colored and thick, add a pinch of salt and one-fourth cup of sugar. When well beaten add to the hot mixture and fold in the stiff whipped whites of the eggs. Steam thirty minutes in a buttered mold with tight top. Serve with finely cut Sealdsweet oranges.

SEALDSWEET GRAPEFRUIT OR ORANGE MARMALADE ROLLS

Make of light-bread dough, shortened, or biscuit dough. Roll out; spread with marmalade from Sealdsweet grapefruit or oranges; cut and bake as for cinnamon rolls.





SEALDSWEET ORANGE FRITTERS—Mix one cup flour (sifted with one teaspoon baking-powder and one-half teaspoon salt), two-thirds cup lukewarm water, one teaspoon melted fat, and one beaten egg. Peel Sealdsweet oranges to juice; slice one-third inch thick; dip in batter, and fry in deep, hot fat. When done, drain on tissue paper; sprinkle with powdered sugar. Serve.

SEALDSWEET GRAPEFRUIT (Baked) OR ORANGE DUMPLINGS

Make a sweet, firm biscuit dough; roll out in six-inch squares; place on each one-third cup of Sealdsweet grapefruit or orange pulp and a tablespoon of sugar; bring up corners, twist and pinch together, and place side by side in pan. Add one cup each of sugar and water (or sirup made from these) and bake in a brisk oven till done—about forty-five minutes.

SEALDSWEET ORANGE AND CEREAL CREAM

Soften one tablespoon gelatine in two tablespoons cold water; add to one-half cup hot cooked cereal, two tablespoons sugar, and one saltspoon of salt. When cool, add one-fourth cup Sealdsweet orange juice. Whip one-half cup heavy cream, and when the cereal begins to set, add it. Serve with sliced orange.

SEALDSWEET GRAPEFRUIT OR ORANGE PANDOWDY

Prepare and cook as for cobbler; when done, remove the crust unbroken; turn it upside down on a platter; add fruit; sprinkle with bits of butter and serve. Or half the fruit may be placed on platter, then crust, and, on top, the remainder of fruit.

SEALDSWEET ORANGE TEA BISCUITS (Twelve)

Sift with one and a fourth cups flour, one teaspoon each of grated orange rind, sugar, and baking-powder, and a half teaspoon salt; mix with two tablespoons fat and a half cup Sealdsweet orange juice. In part of the latter, dissolve one-fourth teaspoon of soda and add last. Roll rather thin, cut out, and bake quickly.

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SEALDSWEET GRAPEFRUIT AND ORANGE OMELET

—Beat stiff three egg-whites; add yolks, one-half teaspoon salt, one tablespoon sugar, two-thirds cup soft bread-crumbs, one-half cup Sealdsweet orange juice, and one teaspoon each grated orange rind and butter; last, one-half teaspoon baking-powder and one of flour. Heat one tablespoon butter in pan (not too hot); pour in egg; cook slowly. When done place orange and grapefruit pulp on omelet; fold over; sprinkle with sugar and serve with sliced orange and grapefruit pulp.



SEALDSWEET ORANGE AND STRAWBERRY (or Peach) SHORTCAKE

Mix equal parts of Sealdsweet orange and peach pulp or Sealdsweet orange and strawberry pulp; mash and sweeten. Have ready biscuit dough shortcake; split and butter; place half of fruit on lower piece; add top and rest of fruit. Serve at once.

SEALDSWEET GRAPEFRUIT OR ORANGE ROLYPOLY

Roll out biscuit dough in oblong sheet a half-inch thick; place on it Sealdsweet orange or grapefruit pulp; add sugar and tablespoon grated orange rind; roll up; pinch edges together; sprinkle thickly with sugar; add a half-cup water and bake about forty-five minutes. Serve with citrus sauce or milk. (Marmalade may be used instead of pulp.)

SEALDSWEET ORANGE OR GRAPEFRUIT COBBLER

Make and serve *a la peach cobbler*, using Sealdsweet orange or grapefruit pulp, minus membrane, adding one-fourth cup flour to sugar used.

SEALDSWEET GRAPEFRUIT OR ORANGE BATTER-CUPS

Sift two teaspoons baking-powder and a half teaspoon salt in one and a half cups flour; mix in two tablespoons each sugar and fat, the yolk of an egg beaten with a cup of milk and, last, the stiff-beaten egg-white. Put a layer of batter in bottom of buttered cups; add two-inch layer Sealdsweet pulp, sugared; top with a layer of batter (have cups two-thirds full) and bake briskly about twenty minutes.



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SEALDSWEET GRAPEFRUIT CHRISTMAS SALAD—Prepare equal amounts of chopped celery, chestnuts or hickory-nuts, and Sealdsweet grapefruit pulp. Bind with mayonnaise and serve on a bed of lettuce. Garnish with sweet red and green pepper rings or cherries, and place a sprig of holly berries in the center of the salad.

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SEALDSWEET GRAPEFRUIT AND ORANGE SALADS

THERE is no end of salad-making opportunities, given Sealdsweet grapefruit and oranges, with an occasional dash of Florida lime juice, for they add the touch necessary to beauty and ultimate perfection. The list of both fruit and vegetable salads available, with these Florida fruits to draw upon, is indeed fascinating. Salad dressings are more delectable when they possess a share of these magic fruits. Pudding sauces, too, have delicate distinction when Sealdsweet grapefruit or orange juice is a component part of their makeup. The recipes following will undoubtedly suggest many other ways of combining and serving, as there is veritable inspiration to the housekeeper in Sealdsweet fruits.

SEALDSWEET FRUIT OR VEGETABLE SALAD GELATINE

Soften three tablespoons gelatine in three-fourths cup cold water; add three-fourths cup boiling water, one-third cup sugar, three-fourths teaspoon of salt, and thoroughly dissolve; when cool, add one and one-half cups grapefruit juice, and place on ice. When beginning to set, add three cups of fine-cut vegetables (celery, sweet peppers, etc.) or two cups of fine-cubed fruit and one cup of nut-meats. If fruit is used, add one-third cup of sugar and use but one-fourth teaspoon of salt. Place in mold and replace on ice. When firm, turn out and serve in grapefruit or orange shells or in vegetable cases (cucumber, tomato, beet, or pepper) with any suitable dressing, and any salad leaves liked.

SALADS

(Any of these salads may be served in cups of orange rind or on some salad leaf in grapefruit cups.)

BLACK-EYED SUSAN SALAD

Arrange unbroken whole or half sections of grapefruit pulp like petals; fill center with chopped dates. Serve with French dressing.

THANKSGIVING SALAD

One pint of grapefruit pulp, one-half pint each chopped celery and apple (mix with grapefruit juice to avoid darkening). Serve on lettuce with mayonnaise.

GRAPEFRUIT IN TOMATO CUPS

Skin and scoop out tomatoes; fill with grapefruit pulp; garnish with celery tips. Serve with French dressing or mayonnaise.

GRAPEFRUIT AND AVOCADO SALAD

Cut into half-inch strips an avocado pear; arrange like wheel-spokes, with sliced cucumber and grapefruit sections. Serve with French dressing.

GRAPEFRUIT AND CELERY IN PEPPER SHELLS

Mix equal parts grapefruit pulp, chopped peppers, and celery. Bind with mayonnaise or French dressing and serve in pepper shells.

SEALDSWEET GRAPEFRUIT AND OYSTER COCKTAIL

Serve Sealdsweet grapefruit pulp in grapefruit shells with oysters, lime-juice, and horseradish, or catsup or mixed chopped pickle or a cocktail dressing.

SEALDSWEET GRAPEFRUIT AND CUCUMBERS

Serve Sealdsweet grapefruit in unbroken sections, alternating with lines of thin sliced cucumbers; place on bed of cress. Serve with French dressing.

SEALDSWEET GRAPEFRUIT, TOMATOES, AND CUCUMBERS

Serve Sealdsweet grapefruit sections with cucumbers and tomatoes (sliced) on lettuce or cress with salad dressing.





SEALDSWEET GRAPEFRUIT AND PIMENTOS—Line salad-dish with broad-leaved French sorrel; fill with chopped celery and top this with a layer of Sealdsweet grapefruit pulp in unbroken sections (free from membrane), halved lengthwise. Garnish with a lattice of sweet red and green peppers. Serve with mayonnaise or French or other salad dressing.

SEALDSWEET GRAPEFRUIT AND DATE SALAD

Cut Sealdsweet grapefruit pulp into pieces the size of half a date; clean equal measure of dates by separating and pouring upon them boiling water, stir a moment, drain, wipe gently, stone, and halve them; mix with the grapefruit; dress with mayonnaise, sprinkle with chopped blanched chestnuts and fine-cut mint. Chill and serve.

SEALDSWEET ORANGE SALAD (to serve with game)

Peel to the pulp and divide six Sealdsweet oranges into their natural divisions (run a sharp knife down each wall of membrane to free pulp unbroken). Place on sorrel or tender celery tips; sprinkle with a tablespoon each of minced chervil, parsley, and chives. Dress with French dressing and chill before serving.

SEALDSWEET GRAPEFRUIT AND PEAR

Scoop out centers of canned pears; fill with cottage cheese; border with Sealdsweet grapefruit sections. Serve with mayonnaise.

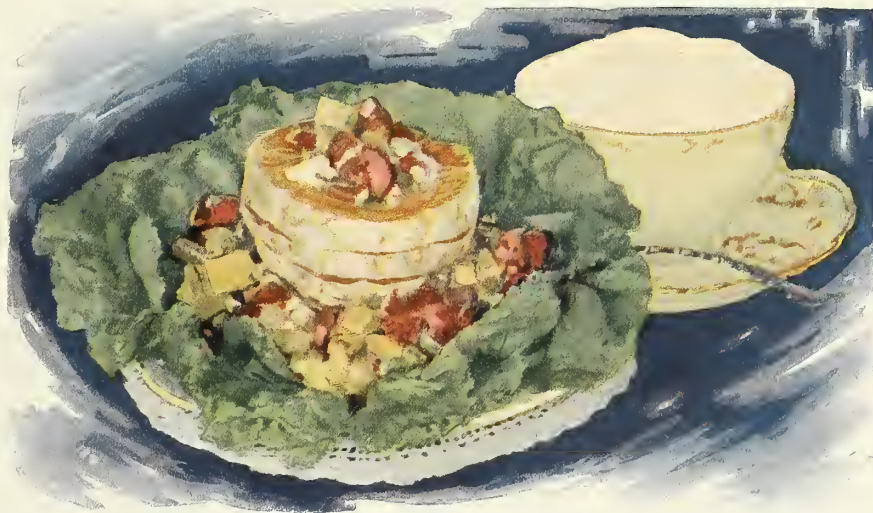
SEALDSWEET TANGERINE and PEPPER SALAD

Mix pulp of twelve Sealdsweet tangerines, minus membrane, with half their measure each of chopped sweet peppers and celery. Sprinkle with a half cup of grapefruit juice. Place on ice an hour; drain and serve on lettuce with mayonnaise dressing.

SEALDSWEET SLAW DRESSING

Cook thick (stirring) one egg-yolk, two teaspoons flour, one-half teaspoon honey, four tablespoons Sealdsweet grapefruit juice. Remove, add one-half teaspoon salt, one of oleo, and one-half cup sour or thick sweet cream, whipped or plain.

SEALDSWEET ORANGE SWEET SALAD—Core Sealdsweet oranges with sharp knife, peel to the juice, and cut each into six slices, crosswise. Serve half an orange for each portion, on lettuce. Mix equal parts southern pecans, strawberries, and cubed pine apple; place in centers and around base. Serve with sweet salad dressing.



SEALDSWEET ORANGE PUDDING SAUCE (Uncooked)

Beat the whites of two eggs till very stiff; add one rounding teacup powdered sugar, a pinch of salt, the fine grated, yellow rind of two Sealdsweet oranges, their juice, and the juice of one-fourth Sealdsweet grapefruit or one lime.

OTHER SEALDSWEET SALAD DRESSINGS

1. Use equal measure of Sealdsweet grapefruit juice and orange-blossom honey. Season with salt and paprika. 2. Blend equal measure of Sealdsweet grapefruit juice and thick sweet or sour cream; season with salt and white pepper. Serve immediately. 3. Stir into one-half pint sour cream, two tablespoons butter (softened); add, drop by drop, the juice of one-fourth Sealdsweet grapefruit, then stir in the whipped whites

of two eggs or one-half pint whipped cream; salt and paprika to taste. 4. To ordinary (prepared) mayonnaise add equal measure of whipped cream and a tablespoon of Sealdsweet grapefruit juice. 5. (Cooked.) Mix the yolks of two raw eggs with two tablespoons butter; add a pinch of paprika and a saltspoon of salt; heat in a double boiler; stir until it thickens; add one more tablespoon butter; let cool, stir into two tablespoons of Sealdsweet grapefruit juice and three tablespoons of whipped cream. 6. Mix one teaspoon each of salt and mustard flour, one and a half teaspoons sugar, and a tablespoon flour; then add a teaspoon butter, the yolk of one egg (uncooked), three-fourths teacup Sealdsweet grapefruit juice. Cook in double boiler till thick; let cool and add to the white of the egg, beaten stiff, or one cup of stiff whipped cream. Season with paprika.



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SEALDSWEET GRAPEFRUIT
SNOW PUDDING—Wet six
 tablespoons of cornstarch with
 six of cold water; stir into one and one-
 half cups boiling water and cook till
 clear. Meantime, mix three-fourths
 cup each of Sealdsweet grapefruit
 juice and sugar, the grated rind of one
 orange, and two saltspoons salt. Add
 to the hot cornstarch; let cook another
 minute, and pour upon the stiff-
 whipped whites of three eggs, beating
 while pouring. Turn into wet
 mold; let harden and when
 chilled serve with cus-
 tard sauce.

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SEALDSWEET GRAPEFRUIT AND ORANGE LIGHT DESSERTS

AN infinite number of light, yet nourishing, desserts may be made of Sealdsweet grapefruit and orange juice, combined with gelatine, cornstarch, and egg or milk. Where gelatine is the stiffening factor, oil the mold with salad oil before pouring in the mixture. With cornstarch preparations, wet mold with cold water. Where, for convenience, a commercially mixed, quick gelatine must be used, Sealdsweet orange or grapefruit pulp may be added (a scant cupful for each powder prepared as directed) when the mixture begins to harden. See that light desserts, as grapefruit and orange gelatines, follow a heavy meal. Citrus-fruit cornstarch and egg-desserts, however, properly balance a light one.

SEALDSWEET ORANGE SUNSHINE. (One Pint)

Soften one and one-fourth tablespoons gelatine in four of cold water; dissolve in one-half cup boiling water; add one and one-third cups orange juice, one-fourth cup sugar, saltspoon of salt, and white and shell one egg. Bring to boiling point; remove; add grated rind one orange; let stand ten minutes, covered, strain through flannel bag, without squeezing, for an hour. Place in mold on ice.

SEALDSWEET GRAPEFRUIT MOONLIGHT (Gelatine Mold)

Soak two tablespoons gelatine in one-half cup cold water five minutes, then dissolve thoroughly in one pint boiling water with three-fourths cup sugar. Stir, cool, and strain. Add one cup Sealdsweet grapefruit juice with one tablespoon lime juice and saltspoon salt. Strain through cheesecloth into well-oiled mold.

SEALDSWEET GOLDEN ORANGE BLANC MANGE. (One Pint)

Heat one pint milk, reserving three tablespoonfuls in which rub smooth four of cornstarch. With the milk, place the thin-shaved outer rind of two Sealdsweet oranges and one-fourth cup sugar, with pinch of salt. When at boiling-point, take out rind, add cornstarch, and stir smooth. Let cook (in double boiler) ten minutes. Meantime, beat yolk of one egg (two may be used) with six tablespoons orange juice; add to cornstarch mixture and finish cooking. Place in wet mold and set to harden. In serving with milk or orange sauce, decorate with orange straws.

SEALDSWEET ORANGE GELATINE

Make as for Sealdsweet orange sunshine, omitting egg.

SEALDSWEET ORANGE SPONGE

Soften two tablespoons gelatine in two of cold water for five minutes; add one and one-fourth cups boiling water, stirring till dissolved; add three-fourths cup sugar, pinch of salt, and cool. Then add one-half cup orange juice, two tablespoons Sealdsweet grapefruit juice, and one of lime. Let stand till it begins to harden, then beat, very stiff, two egg-whites, add and whip till frothy. Pour into a mold and place on ice to get firm. Serve with sliced Sealdsweet oranges.

SEALDSWEET GOLDEN ORANGE PUDDING

Dissolve three tablespoons gelatine in one cup boiling water; add one and a half cups sugar, two of Sealdsweet orange juice, and three egg-yolks beaten with part of the sugar. Have ready two cups of thick cream; whip stiff; add, mixing lightly; pour into mold and let harden.

SEALDSWEET NEAPOLITAN PUDDING

Soften three and one-half tablespoons gelatine in one-half cup cold water; dissolve with one cup boiling water and one cup sugar. When cool, add one and one-half cups orange juice and two cups Sealdsweet grapefruit juice; strain and divide in three parts. Color one yellow, a second red, and when the third is beginning to set, beat into it the whipped whites of two eggs. Pour into molds. When firm, turn out, cut into cubes, arrange the red and yellow in center and border with white, or mix the whole.



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SEALDSWEET ORANGE CHARLOTTE— Soften two tablespoons gelatine in one-half cup cold water; add one-half cup boiling water and dissolve thoroughly; add one cup each Sealdsweet orange juice and sugar, one tablespoon Sealdsweet grapefruit juice, one saltspoon salt and grated rind of one orange. Cool. When hardening, whip two cups cream and beat lightly with gelatine. Line mold with sponge-cake, pour in mixture, and set on ice till firm.

SEALDSWEET BLANC MANGE OR CORN-STARCH MOLD

Wet six tablespoons of cornstarch with part of a half cupful of Sealdsweet orange juice; when dissolved, add the rest and stir smooth in a pint of boiling water; add three-fourths cup sugar and two saltspoons salt. Cook fifteen minutes in double boiler. Have three or four oranges cut up and placed in a mold. Pour the hot cornstarch upon them and let harden.

SEALDSWEET ORANGE JUNKET

Make a quart of junket; add grated rind two Sealdsweet oranges crushed with four tablespoons sugar and pinch of salt. Pour into orange shells (fill three-fourths full). As junket sets, add bits of orange or grapefruit straws. On serving top with more straws or sugared orange pulp.

SEALDSWEET FLOATING ISLAND

Heat two cups of milk; when boiling, add three tablespoons of flour, rubbed smooth in two of the (cold) milk; stir till smooth and set back; add yolks of three eggs, beaten with a third cup of milk, and heat in double boiler, stirring till smoothly thickened; add, also, three-fourths cup of sugar. Remove; add one-fourth teaspoon of salt and grated rind one Sealdsweet orange. When cold pour upon several oranges cut fine; heap on top the stiff-whipped egg-whites, beaten with three tablespoons sugar and pinch of salt, and, last, two table-spoons orange juice. This may be browned before serving, chilled, or served without browning. Where used for pie (two) substitute one-half cup flour for amount given. Floating Island may also be made by using two cups water, one cup orange juice, and adding one tablespoon flour.

SEALDSWEET ORANGE
 QUARTERS—*Halve
 some Sealdsweet or-
 anges, scoop out pulp and
 rag; fill with orange or
 grapefruit gelatine and set
 on ice. When very firm cut
 in half again and serve. The
 quarters may in turn be
 halved and several of the
 smaller portions be served
 together.*



SEALDSWEET ORANGE CUP CUSTARD No. 1

Beat yolks of four and whites of two eggs; add one-fourth cup sugar, two saltspoons salt, and one teaspoon flour, rubbed smooth in two of water. Scald two-thirds pint Sealdsweet orange juice and one-third pint water, and pour upon the eggs, beating constantly; add grated rind of one orange; pour into buttered cups, and set in outer pan of hot water, in oven or on top. Cover and steam thirty minutes, or bake. Beat two remaining egg-whites stiff; add two tablespoons sugar, pinch of salt, and, last, two tablespoons orange juice. If custards are baked, add after twenty minutes and let brown lightly. If steamed, let cool and chill before adding, then serve at once.

SEALDSWEET ORANGE CUP CUSTARD No. 2

Make as in foregoing recipe, substituting milk for orange juice.

SEALDSWEET ORANGE SEA FOAM

Make as for Orange Blanc Mange (omitting fruit) and add grated rind of a Sealdsweet orange when heating the milk. Whip stiff two egg-whites; pour the hot cornstarch upon them and place in mold to harden.

SEALDSWEET ORANGE AND GRAPEFRUIT GELATINE

Make the same as for Sealdsweet Grapefruit Moonlight, using half orange and half grapefruit juice, and include some of the pulp of both fruits with the juice. Add the grated rind of one orange and one-fourth cup more sugar to hot water and gelatine; let cool; add the juice; place on ice, and when beginning to set add pulp. Serve with Sealdsweet orange or grapefruit pulp as preferred.





SEALDSWEET GRAPEFRUIT AND ORANGE STRAWS—

Remove peel in quarters; cut into long, narrow strips; place in saucepan of cold water; boil twenty minutes; drain and repeat twice. (This will remove any bitterness from Sealdsweet grapefruit rind.) After the third boiling and draining, place straws and equal measure of sugar in clean saucepan, with cold water to cover; let come to a boil and cook till sirup hairs from spoon. Drain; roll in granulated sugar, and lay crisscross on plates. Save any remaining sirup for sauces.

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SEALDSWEET GRAPEFRUIT AND ORANGE MARMALADES AND CONFECTIONS

AS SEALDSWEET grapefruit and oranges are sweeter than the average citrus fruit on the market, it is well in making citrus marmalades, especially as the season advances, to use more acid than either grapefruit or oranges alone would give. Whenever possible, use lime juice for this purpose, as limes have not only a distinctively fine type of citrus acid but a peculiarly delicate flavor. Where any recipe calls for all oranges or all grapefruit, therefore, add one lime for each three oranges or each large grapefruit to secure the best results. It is better to make marmalade in small quantities and in rather shallow pans, as the shorter cooking required gives a product lighter in color. Cooking for hours, as sometimes recommended, is not necessary with small quantities and tends to a dark product. A slaw- or kraut-cutter is of help in slicing fruit thin for marmalade. Time may be saved by running fruit intended for marmalade through a good chopper, but the good looks will be to some extent lost when this is done.

CANDIED SEALDSWEET KUMQUATS (Two Methods)

1. Drop Sealdsweet kumquats into cold, slightly salted water, and bring to a boil; drain and repeat twice in fresh water; drain and measure. To one pint of fruit, allow one-half pint of sugar and one-fourth pint of honey, also sufficient water to cover well. Simmer till clear, then drain and dry six hours. Place in jars between layers of sugar. 2. Preserved kumquats may also be candied, draining and drying after tender and clear.

SEALDSWEET CANDIED POND-LILIES

Cut Sealdsweet tangerines so that the rind will peel off in five parts, two-thirds down from the blossom end, so that the "petals" will rise from the stem end. Shape them and candy as for grapefruit or orange straws. While the pond-lilies are still warm turn the petals in toward center.

SEALDSWEET GRAPEFRUIT OR ORANGE PRESERVES No. 1

Use half or quarter rinds, strips or fancy shapes. Place in saucepan; proceed as for orange and grapefruit straws. When thoroughly tender, drain and drop into boiling sirup. Make sirup of one pound sugar and one pint water for each pound of peel; boil five minutes before adding peel; or use half water and half juice. When peel is clear and sirup thick, place in jars and seal.

SEALDSWEET GRAPEFRUIT OR ORANGE PRESERVES No. 2

Remove rind and soak in salt water over night, allowing three tablespoons of salt to each quart of soft, cold water. Set pulp aside. In morning drain rinds; soak in fresh, cold water two hours; drain and boil till salt or bitterness is removed and rind is tender, renewing water once. Drain; strain the juice of the oranges used over the rinds or half the juice of the grapefruit, and allow one-half cup sugar for each orange or each half grapefruit. Cook till rind is clear (adding water if necessary to prevent burning) and sirup is thick; place in jars.

SEALDSWEET ORANGE SUGAR OR "ZEST" FOR FLAVORING

1. Grate off the thin yellow rind of Sealdsweet oranges, being careful not to get any of the bitter white underneath. Then place in a preserving jar and cover with a thick layer of granulated sugar. Screw the top on tight. The sugar will absorb the aromatic oil and can then be used both for sweetening and flavoring. 2. With a thin, sharp knife peel off the yellow rind (only); dry it on plates in the sun or a slow oven. Add to the perfectly dry rind of six Sealdsweet oranges, one-half pound of granulated sugar; grind to a powder; sift several times and place in airtight jars for using. One tablespoon of this will flavor one quart of custard or sauce.





**SEALDSWEET ORANGE EGG-
NOG AND GRAPEFRUIT
CHOCOLATE CAKE**—Seald-
sweet Orange Eggnog: Dissolve one
tablespoon sugar in one-half cup Seald-
sweet orange juice; add beaten egg; pour
onto cracked ice; sprinkle with nutmeg.

Sealdsweet Grapefruit Cake: Sift one and
three-fourths cups flour, one and three-
fourths teaspoons baking-powder, and one-
fourth teaspoon each soda and salt; cream
one cup sugar, with one-
third cup fat; add two
beaten eggs, mixing
flour alternately
with one-half cup
Sealdsweet grape-
fruit juice; add one-
third cup fine pulp.
Bake about forty
minutes. When cold
split and spread with
grapefruit icing;
also ice top and
sides.

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SEALDSWEET ORANGE AND STRAWBERRIES WITH COCOANUT—

Peel Sealdsweet oranges or grapefruit to the juice and remove sections whole. Have ready some strawberries; arrange them in a serving-dish; border with the orange or grapefruit pulp and sprinkle with cocoanut.

Sweeten, if needed, after serving.



SEALDSWEET GRAPEFRUIT COMBINATIONS FOR SIMPLE DESSERTS

1. Mix equal parts Sealdsweet grapefruit pulp and stoned cherries or strawberries (or both). Sweeten. Serve from dish or in grapefruit shells.
2. Mix equal parts cubed cantaloupe and Sealdsweet grapefruit pulp, sweeten, and serve from cantaloupe or grapefruit shells.
3. Make Sealdsweet grapefruit gelatine in a ringmold. Turn out and fill center with peaches, oranges, or bananas, cubed.
4. Fill dish with alternate layers of Sealdsweet grapefruit pulp, sliced pears, or seeded persimmon, and cocoanut.
5. Alternate layers of Sealdsweet grapefruit pulp with layers of cherries, pineapple, banana, or any berries, and marshmallows or cocoanut. Spread with meringue and serve with top layer of marshmallow, and brown.

6. Sieve ripe bananas or baked apples; half fill serving-dish and place on top a layer of Sealdsweet grapefruit in whole or broken sections. Dot with angelica.

7. Half fill serving-dish or sherbet glasses with Sealdsweet grapefruit pulp; fill up with canned peaches or figs.

8. Peel, halve, and core large, ripe pears. Fill centers and border with Sealdsweet grapefruit gelatine.

9. Mix one cup each of Sealdsweet grapefruit pulp and raspberries with two tablespoons sugar. Place in a dish. Whip stiff an egg-white, then blend with one sieved banana. Spread over the fruit. Serve.

10. Whip stiff an egg-white; then add two tablespoons of sugar and mix with one cup each of peach and shredded Sealdsweet grapefruit pulp. As soon as ready, place in grapefruit or orange shells and serve at once.



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SEALDSWEET GRAPEFRUIT WITH DATES—

Peel Sealdsweet grapefruit to the juice and remove the pulp in unbroken sections. Stone some dates and halve or quarter, according to size. If very dry, before cutting, pour boiling water upon them; let stand five minutes; drain and wipe thoroughly. Cut grapefruit pulp to correspond in size with dates and arrange for serving. Other fruits may be substituted for dates and served with grapefruit in the same manner.

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SEALDSWEET GRAPEFRUIT AND ORANGE COMBINATIONS AU NATUREL

WHEN necessity forces upon one haste in concocting desserts, with no time possible for cooking, or when one wishes to give some unique touch to breakfast or luncheon, one need never be at a loss if there is a supply of Sealdsweet grapefruit and oranges. With these on hand, variety is practically unlimited. Few gifts can gratify the housekeeper, weary of trying to invent "something different," as much as a box of Sealdsweet grapefruit and oranges, because of the infinite possibilities contained in these golden spheres. The following recipes indicated are but a few of the many ways in which these fruits can be served uncooked.

UNCOOKED SEALDSWEET GRAPEFRUIT AND ORANGES

Numerous botanists have declared that the fruit which so long has typified the temptation of the Garden of Eden was but metaphorically an apple, since it was undoubtedly a member of the citrus group—either an orange or a grapefruit. Certain it is that no others can take the place of the fruits of the citrus family. Their wonderful acid (or subacid juice, as the case may be) affords the system, winter or summer, exactly what the system needs to purify it and keep it unclogged.

And because of the care exercised by the Florida Citrus Exchange growers in picking, wrapping, packing, and shipping, Sealdsweet fruits provide, for an indefinite period, the ideal opportunity to housewives to supply both variety to eye and palate, and health for their families.

Bought by the box, carefully unwrapped, wiped and placed in a cool, dry spot, with spaces between the fruit to prevent touching, these golden spheres are a literal treasure, veritable fairy tokens, for while they may be used in almost endless ways cooked, one of their greatest charms is that they afford such an infinite variety of food combinations in their natural state. In addition to the uncooked and cooked dishes—to say nothing of the various combinations possible for cold drinks—the grated rind of Sealdsweet oranges furnishes exquisite flavor added to any form of food, while Sealdsweet grapefruit and orange rind afford something distinctly new in garnishes—grapefruit and orange roses. They may range in hue from the Marechal Neil of grapefruit to the deep rosebud tones of kumquats, as well as varying in size at will of the maker. While it is best to make these roses not more than an hour

before needed, they may be kept quite fresh several hours by wrapping in or placing between very damp cloths and being placed in a cool spot or on ice. Directions for making these unique roses, with illustrations, may be found under confections.

TO PREPARE SEALDSWEET ORANGES UNCOOKED

1. Halve Sealdsweet oranges; seed and snip out centers with scissors. With a sharp knife cut from center to rind, just inside each dividing membrane wall, but do not cut membrane from rind. Serve with orange-spoons.
2. *Orange Baskets:* Cut rind of Sealdsweet oranges so as to leave lower half untouched; leave a band of peel half an inch wide on the upper half to form a handle; remove rest of peel and pulp. When the baskets are free from pulp and rag, refill with the pulp. Serve with sugar or top with marshmallows.
3. *Orange Slices in Rind:* With slim, sharp knife, core a Sealdsweet orange, then slice across in one-third-inch slices. Group these in quarters or thirds, about four slices to each heap, and serve.
4. *Flower Fashion:* Quarter the rinds of Sealdsweet oranges; halve each strip from blossom end three-fourths distance towards stem end; strip down and fold in the tops against the oranges and partly separate sections from each other.
5. Peel through rinds of Sealdsweet oranges to juice; cut across in thin slices; snip out centers with sharp scissors and serve.
6. Peel Sealdsweet oranges down to the juice; remove pulp in bits with sharp knife, and serve with sugar or marshmallows, or cut out each section separately and serve unbroken.



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VITAMINES—THE ESSENTIAL FOOD ELEMENTS

ACCORDING to recent scientific discoveries, some foods are much richer than others in the elements essential to the perpetuation of life. These essential food elements have been given the name of vitamins. Fresh fruits and vegetables contain the greatest quantities. Oranges and grapefruit are rich in vitamins.

To be efficient and healthful, foods should contain, in proportions suited to the needs of the individuals eating them, carbohydrates, fats, protein, cellulose (or fibre), organic acids, minerals and vitamins. The vitamins are essential to render these various food elements assimilative by the body. Grapefruit and oranges, by their high vitamine values, aid greatly in making available to the system the nutritive elements of other foods.

THE FOOD VALUES OF VARIOUS CITRUS FRUITS

The following table clearly shows the average composition of the more important citrus fruits. It was prepared by Prof. Lewis B. Allyn, of the Westfield Laboratories, Westfield, Mass., and is based on the works of Atwater and Bryant, the reports of the Lister Institute, and findings of the Westfield Laboratories. First publication was made in *Today's Housewife* for June, 1921.

PER CENTS							
FRUIT	Water	Total Carbohy- drates	Fats	Pro- tein	Fibre	Or- ganic Acid (Cit- ric)	*Vita- mines
Oranges	86.9	11.6	0.2	0.8	1.5	1.7	0.5
Lemons	89.3	8.5	0.7	1.0	1.1	7.0	1.5
Grapefruit	85.8	10.3	0.5	0.7	1.6	2.4	0.5
Limes	89.1	8.4	0.5	0.7	1.2	3.4	0.4

*NOTE.—The plus signs represent the relative amounts of vitamin-bearing material present.

THE high food-value of citrus fruits, in calories, has been demonstrated by the United States Department of Agriculture. In Bulletin No. 28, Office of Experiment Stations, "The Chemical Composition of American Food Materials" and in Farmers' Bulletin No. 142, "The Principles of Nutrition and Nutritive Value of Food," it is made clear that oranges have a higher food-value than beef-juice, buttermilk, oatmeal gruel, or oysters, and that citrus fruits far exceed, in units of food value to the pound, a number of more commonly used vegetables.

Distribution of the three forms of vitamins, in some others of the common foodstuffs, is approximately as follows, according to the latest available information:

Foodstuff			*Vitamines	Foodstuff			*Vitamines
	A	B	C		A	B	C
Milk	++	++	+	Yeast, Dried . . .	+	+++	-
Butter	+++	-	-	Cabbage	+	+	+++
Egg Yolk	+++	+	?	Cabbage, Dried . .	+	+	-
Beef Fat	+	-	-	Potatoes	-	+	+
Lean Meat	-	-	+	Sweet Potatoes . .	++	+	?
Wheat, Whole Grain	+	++	-	Tomatoes	++	+	+++
Rice, Whole Grain .	+	++	-	Carrots, Young . .	++	+	+++
White Bread	-	-	-	Lettuces	+	?	+++
Whole Meal Bread .	+	++	-	Peas, Fresh	+	+	+++

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SEALDSWEET ORANGES—
The true measure of value in
oranges is the juice content,
indicated by the weight.

In buying oranges, remember
that real beauty is more than
skin deep, and that good looks do
not always mean inner goodness.

Tree-ripened Florida
oranges, sold under
the Sealdsweet
trade-mark by
the Florida
Citrus Exchange,
are full flavored
and filled with
juice.



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Sealdsweet Oranges and Grapefruit



ORANGES
Sealdsweet
GRAPEFRUIT

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